

A PAGE OF WIDE AND VARIE INTEREST FOR WOMEN—TESTED RECIPES—ADVICE TO OUR GIRLS

EIGHT WAYS TO SERVE SPINACH;
TASTY RECIPES BY MRS. WILSON

In Scotch Style, a la Mode and in Appetizing Salad With Chopped Onion, Salt and Paprika

Spinach With Hollandaise Sauce Baked and Served With Cream Dressing for a Luncheon Dish

By MRS. M. A. WILSON
(Copyright, 1919, by Mrs. M. A. Wilson. All rights reserved.)

THIS crisp vegetable is not only pleasing to the taste, but is also an excellent tonic, and it may be truly called the scavenger of the body. Spinach is exceedingly rich in valuable mineral salts, containing several times as much iron as any other known vegetable, so for this reason it should be served frequently during the winter months. Every cell in the body contains iron. It is one of the most important constituents of the blood stream. When the supply of this valuable mineral salt is decreased in the body anemia is the result. This is particularly apt to occur in growing children.

Green vegetables are valuable to the body owing to the fact that they contain an indigestible cellulose which acts as roughage. Many of us who dislike spinach do so because of the manner in which it is served. How often have you had spinach served in a sea of dark-looking liquid, with the stringy, pale-colored green stems clinging to the leaves looking for all the world like a piece of seaweed? Oh, see that you recognize the style. Now let me tell you of some very attractive ways of serving this vegetable.

Let us first begin with the washing of the spinach. Take your cleanser and pour out the sink and then seal it with boiling water. Now place a clean cloth over the drain and turn the spinach into the sink. Use plenty of lukewarm water to wash with. This is necessary to free these crinkly little leaves from the sand and grit. Now rinse in plenty of cold water to crisp it. Shake the spinach dry and place in a deep saucpan and cover and then steam gently until tender. Do not add any water. In this manner the spinach is virtually cooked in its own juices. Now turn into a chopped bowl and chop fine, and then rub through a coarse sieve and it is ready to use. You must prepare and cook the spinach early in the day so that you will have time to properly prepare it, and then, when it is wanted, simply reheat it.

Spinach Scotch Style
Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

1. What is the game of "Bullet and Bracelet"?
2. Suggest a very novel time-saving trick for the busy woman.
3. What will successfully remove mud from black silk?
4. Why does one sometimes turn a darker color in being laughed?
5. What arrangements of mirrors will make a small room look a good deal larger than it is?
6. How can a scratch on kid pumps be removed?

To Remove Stains From Leather

Dear Madam—Can you please tell me what will take the stains from a leather shoe? They are made of leather and have a lot of stains.

A weak solution of oxalic acid will do the trick. Rub it on with a brush and then wash with water. It will remove the stains.

Can Send to French Soldiers

Dear Madam—I have heard it is possible to send letters to the French soldiers. Can you tell me if this is true? ALICE.

Yes, it is permitted to send boxes to soldiers in the French army.

What the Belgian Soldier Wanted

To the Editor of Women's Page:
Dear Madam—Please tell me what the Belgian soldier wanted. I have heard that he wanted a lot of things.

The Belgian soldier wanted a lot of things, but the most important was a good meal. He was very hungry.

I am passing on your very helpful suggestion to the young girl who was writing to the Belgian soldier. If she will send a self-addressed envelope I shall be glad to send the name of the shop where the pen is made.

The pen is made in the United States. It is a very good pen and I have turned over the cooking courses to Mrs. Wilson. I think you will get the most expert advice from her. Watch for your answers with her other queries.

Matchmakers' Social

To the Editor of Women's Page:
Dear Madam—Some time ago you mentioned a game that could be played with a small number of people. I have a nice story for our club to try some time. Could you print a few lines about it?

I am printing the Matchmakers' Social for your benefit and that of others who have made a request for it. The only apparatus needed is a quantity of small matches. Select those burned least and wipe off the charred part. Invite the boys and girls to a matchmaker's social without explaining the idea further. The games which may be arranged with this simple apparatus are virtually unlimited.

Use one game each boy or girl may play.

Piping Hot Biscuits

Who cannot remember a certain meal where the butter flew fast and the biscuit plate kept making hurried trips to the kitchen? Was this your house? Or do they come back for more when you make biscuits?

In Tomorrow's Article

Mrs. Wilson tells how to make the light delicious kind that melt in your mouth. If you want to know how to serve a memorable supper, if you want to know the straight road to a man's heart, read what Mrs. Wilson has to say.

and then bake in a hot oven for twenty minutes.

Spinach a la Mode

Prepare and cook the spinach as given above and then turn into sieve and let drain, with a weight, for three hours. Now chop fine and then place one tablespoonful of bacon or sausage fat in a frying pan and add:

One small onion, minced very fine.

The prepared spinach.

Heat slowly until very hot and then season with salt and pepper.

Lift to a hot platter and garnish with a slice of hard-boiled egg.

Spinach Balls

Prepare spinach as for spinach a la mode and then place in a bowl and add:

One hard-boiled egg chopped fine.

One tablespoonful of grated onion.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of pepper.

One tablespoonful of salad oil.

Mix thoroughly and then form into balls and dip in beaten egg, and then roll in fine breadcrumbs and fry until golden brown in hot fat.

Serve with lamb chops.

Spinach Nests

Cook spinach as for spinach a la mode and then chop fine and mold into nests. Place on a slice of bread and then break an egg into each nest and cover with two tablespoonfuls of well-seasoned cream sauce and one teaspoonful of grated cheese.

Place on a baking sheet in a moderate oven for twelve minutes and serve with cream sauce for luncheon in place of meat.

Spinach Salad

Prepare the spinach as for spinach a la mode and then chop fine and place in a bowl and add:

One small onion chopped fine.

One teaspoonful of salt.

One-half teaspoonful of paprika.

Mix and then pack in demi-tasse cups to mold. Turn on a bed of crisp lettuce leaves and serve with French dressing.

Spinach With Hollandaise Sauce

Cook the spinach as given in the method and then, when ready to serve, reheat and make the Hollandaise sauce as follows:

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.

One and one-half teaspoonfuls of salt.

One-half teaspoonful of white pepper.

Beat thoroughly to mix and then pour into well-greased baking dish and sprinkle two tablespoonfuls of grated cheese and fine breadcrumbs.

Place in a bowl one cupful of prepared spinach.

Three-quarters cupful of thick, brown gravy.